

A photograph of a man with curly brown hair and a beard, wearing a dark blue t-shirt with a pink graphic. He is standing outdoors with green foliage in the background. The photo is partially obscured by a blue banner at the bottom.

#VeganBoston

*I'm trying vegan for the environment*

— Anthony Mullally, International Rugby Player

# TRY VEGAN THIS JANUARY

You can help protect our planet with every plant-based meal you eat.

Try our vegan pledge this January to discover delicious options that will cut your carbon footprint. You'll receive regular emails with shopping lists, recipes, meal plans, nutritional advice and much more!

With our free support, going vegan is easy!

**Sign up today at [Veganuary.com](http://Veganuary.com)**

